

DATINGMATTERS®

STRATEGIES TO PROMOTE HEALTHY TEEN RELATIONSHIPS



Unhealthy relationships can start early and last a lifetime. The Centers for Disease Control and Prevention developed Dating Matters® to prevent teen dating violence before it starts.

Dating Matters is based on the best available evidence about what works to prevent teen dating violence. It is a comprehensive prevention model that focuses on 11-to 14-year-olds with prevention strategies for youth, their peers, families, schools, and neighborhoods.

The Dating Matters model includes seven core components that work together to help create environments where young people can have respectful, healthy teen dating relationships free from violence.



To learn more about how Dating Matters can work in your community, visit www.cdc.gov/violenceprevention/datingmatters/



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control



Ready to bring Dating Matters® to your community?

The Dating Matters Toolkit website includes everything you need to kick off and sustain the Dating Matters comprehensive teen dating violence prevention model.

In addition to the tools and materials you need for each of the seven prevention components, the Toolkit also includes:

- At-A-Glance summaries of each component
- A Guide to Implementation to help plan and carry out the comprehensive model
- A Coaches Playbook to help supervise and support program facilitators
- Interactive online training for parent and youth program facilitators
- Team Up! for Dating Matters, an online space for peer-to-peer support and sharing

The Dating Matters Toolkit is now available on CDC's VetoViolence website! Communities can put the best available research evidence on Dating Matters into practice and prevent teen dating violence.

Get started today at <https://vetoviolence.cdc.gov/apps/dating-matters/#/>

This resource is part of  **VetoViolence** a website providing free trainings, tools, and resources designed to meet your violence prevention needs. Visit <https://vetoviolence.cdc.gov/apps/dating-matters-toolkit/#/>.